



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Breakfast Pecan and coconut granola with fortified soya yoghurt (150g) and sliced nectarines. 389kcal 7g Fibre		Breakfast 0% greek yoghurt (150g) with sliced banana, dried apricots (15g) and chopped brazil nuts (30g). Glass of orange juice. 412kcal 4.8g Fibre		Breakfast Soaked oats (50g) in milk and apple juice topped with grated apple, nuts and chia seeds. 380kcal 9.9g Fibre		Breakfast Kefir yoghurt (150g) topped with pecan and coconut granola. 360kcal 5g Fibre		Breakfast Indian spiced scrambled egg with wholemeal wrap. Small glass of orange juice. 360kcal 5g Fibre		Breakfast Two soft boiled eggs with wholegrain toast. Small glass of kefir. 350kcal 3.2g Fibre		Breakfast Porridge (50g oats made with milk or fortified soya milk) topped with nuts, chia seeds and berries. 400kcal 9.6g Fibre	
Lunch Lentil bowl with tahini dressing with wholemeal pitta bread. Handful dried apricots. 580kcal 9.2g Fibre		Lunch Homemade baked beans on wholegrain toast. 3 medjool dates. 500kcal 14g Fibre		Lunch Orzo, roasted red pepper, sun dried tomato and tuna salad. 450kcal 5.5g Fibre		Lunch Sesame chicken noodles. 610kcal 5.7g Fibre		Lunch 2 rye crackers (e.g. Ryvita) topped with 1 mashed avocado, 1 tbsp pumpkin seeds and 100g sliced chicken breast. Handful of dried apricots. 550kcal 11.1g Fibre		Lunch Red lentil soup (shop bought) with big handful of baby spinach and wholegrain bread. 480kcal 12g Fibre		Lunch Black bean, shiitake and miso burger (serve in wholemeal buns) with crunchy salad and mixed seeds. 480kcal 12g Fibre	
Dinner Bombay potato frittata with 1 tbsp Greek yoghurt and chopped salad with chickpeas. 450kcal 8g Fibre		Dinner Canned mackerel kedgerree. 420kcal 8g Fibre		Dinner Middle Eastern spiced aubergine and lentil stew with tahini dressing and pomegranate. 550kcal 9.4g Fibre		Dinner Black bean and quinoa chilli. 400kcal 12.1g Fibre		Dinner Spelt paella. 450kcal 7.8g Fibre		Dinner Tofu traybake with green goddess dressing. 616kcal 10.7g Fibre		Dinner Moroccan chicken and quinoa tagine with wholemeal wrap. 580kcal 8.2g Fibre	
Snacks (optional) Edamame beans (100g) with light soy sauce and lime juice. 148kcal 5.9g Fibre		Snacks (optional) 2 brown rice cakes with 1/2 mashed avocado (add lime juice and sea salt) and 1 tsp pumpkin seeds. 220kcal 4g Fibre		Snacks (optional) 0% Greek yoghurt topped with sliced banana and milled flaxseed. 250kcal 4.3g Fibre		Snacks (optional) Orange segments and small handful of walnuts (30g). 280kcal 4.8g Fibre		Snacks (optional) Hummus (80g) with red pepper and carrots battons. 215kcal 4.5g Fibre		Snacks (optional) Fortified soya yoghurt (150g) with dried apricots (15g) and chia seeds (5g). 168kcal 3.9g Fibre		Snacks (optional) Grated carrot with raisins (15g), crushed walnuts (15g) and poppy seeds (5g). 206kcal 4.2g Fibre	
Small handful almonds (30g). 182kcal 3.3g Fibre		Small handful almonds (30g). 160kcal 5.9g Fibre		2-3 medjool dates stuffed with walnuts. 270kcal 5.5g Fibre		Homemade roasted chickpeas (30g). 130kcal 5g Fibre		Salted caramel and coconut bliss balls. 160kcal 2.5g Fibre		Mashed chickpeas (80g) with 1 tsp tahini on sliced dark rye bread. 210kcal 7.3g Fibre		Bombay mix. 190kcal 5g Fibre	
Total 1749 kcal 33.4g Fibre		Total 1712 kcal 33.7g Fibre		Total 1900 kcal 34.6g Fibre		Total 1780 kcal 32.6g Fibre		Total 1745 kcal 32.6g Fibre		Total 1824 kcal 37.1g Fibre		Total 1856 kcal 39g Fibre	